

You'll be seeing something new in coming months – the term, "ARWellness." This is a new title for all the wellness programs already in place through the State-sponsored health insurance program (such as the tobacco cessation program and 100% coverage for most wellness exams), plus new programs available this year and in years to come. Read on.

On July 1st, the Employee Benefits Division (EBD) and its Board launched an ARWellness initiative that will positively impact the health of many insurance plan members. Through our continued partnership with Corphealth, EBD is introducing two voluntary programs that use a combination of web-based* and personal interaction to reach weight, exercise and nutrition goals. **Balance®** is a six-week weight management program, and **Nourish®** is an eight-week nutrition improvement program. These new offerings officially began on July 1, 2006, but enrollment is available anytime. (*Paper copy program information is available upon request to those without internet access by calling Corphealth at 1-866-378-1645.)

Detailed information about these programs and the reason for their implementation can be found in the latest edition of the "EBD Buzz" newsletter currently being mailed to all health plan participants. The newsletter is also available online at www.ARBenefits.org. This email will provide additional information and enrollment tips for the Balance® and Nourish® programs.

Who is eligible for the Balance® and Nourish® programs?

All primary health plan members (active employees and non-Medicare retirees) and their spouses are eligible, if covered by any state or public school employee health plan regardless of which benefit coordinator they've chosen (Blue Cross, Health Advantage, NovaSys Health or QualChoice).

Is there a cost to participate?

This program is provided at no additional cost beyond monthly health plan premiums. The expense is being borne by the health insurance program in an effort to improve the health of its members.

How do I enroll in the Balance® and Nourish® programs?

By phone, call Corphealth toll free at 1-866-378-1645 and ask for a health educator. An enrollment kit will be mailed upon request. The information below, though primarily directed to web-participants, will be helpful to non-web users as well.

On the web, go to- www.corphealth.com/arwellness . You'll be redirected to a custom "MyHealthMedia" site. Health Media is the company that provides the Balance® and Nourish® programs. Other Health Media programs will be listed on the home page but only Balance® and Nourish® are available to state and school health plan members. Click on the "sign up today" link, read the next page and click "next" which will lead to a letter from Corphealth describing the interaction between Corphealth and Health Media. Follow the prompts on the forthcoming pages to register for the program.

The information input through the Health Media website or by hard copy will be used by Corphealth staff to aid program members. The Employee Benefits Division and its Board are comfortable with the privacy and security measures in place and also with the benefits of such information being shared with trained Corphealth staff. If employees or their spouses do not agree with this arrangement, they will not have access to the Balance® or Nourish® programs.

The registration process will ask for the employee and/or spouse's 6-digit member identification number to verify insurance coverage. This number can be found on their health insurance card as the six digits preceding the last two numbers (i.e. **12345601**). In this example, the six digits needed would be "123456." Health Advantage or Blue Cross plan members' card identification

numbers will also contain letters preceding the six digit number, but only the six digits are needed to register for these particular programs. The plan member's identification number can also be obtained by calling the Employee Benefits Division customer service department at 501-682-9656 or toll-free at 1-877-815-1017. The other data required for registration is commonly requested information readily available to enrollees.

Both the Balance® and Nourish® programs require the completion of a Health Risk Assessment (HRA) that will take approximately thirty minutes. Web participants can "save" their place and finish the assessment at another time if necessary. The assessment will be provided in paper form for non-web participants. NOTE: The questionnaires required here ARE NOT the same health risk assessment required for health insurance premium discounts through the Employee Benefits Division. These are separate programs and each has their own HRA questionnaire.

On the Balance® and Nourish® HRA's, participants will be asked if they want "counselor assist" which means accepting interaction with a telephonic health coach. In EBD's view, this is a key component of the program, but it is optional. Accepting the assistance of a health coach will allow a trained, Arkansas-based Corphealth staff member to contact participants and provide motivation and assistance toward reaching program goals. This also means the coach will have access to the participant's questionnaire responses, but privacy and confidentiality measures are in place. If participants decline the coaching service feature, they will still find helpful direction and information from the custom 10-page "wellness guide" resulting from completion of the health risk assessment.

If the assistance of a health coach is accepted, a coach will contact the participant within three to five days after enrollment. There is no need for the participant to call Corphealth to schedule a call. A total of five calls will be made to the participant during the program. Those that use the web-based version will also receive three online newsletters via email and program-related surveys from Health Media. (Non-web users will receive the same information in hard copy.) Plus Corphealth will conduct a follow up phone survey down the road.

Am I allowed to utilize the web-based program from my work computer?

Check with your agency's internet and computer use policy or with your supervisor. Parts of the Health Media websites do contain instructional exercise demonstrations in streaming video, which may violate your agency's internet usage policies. However, the same instructions are available in printable file format and don't require the video. Those instructions and/or video are extra information and not part of the initial enrollment, health risk assessment survey or resulting wellness guide.

May I participate in both the Balance® and Nourish® programs at the same time?

Simultaneous enrollment in both programs is allowed, but participation in just one program at a time is encouraged. Contact a Corphealth educator for guidance on whether simultaneous participation would benefit you.

The Balance® and Nourish® programs are the latest additions to the ARWellness benefits under the State-sponsored health insurance program. Additional services are being considered and will be announced when available. Questions should be directed to Corphealth at 1-866-378-1645 or the Employee Benefits Division at 501-682-9656 or 1-877-815-1017.